

DESERT MOUNTAIN
HIGH SCHOOL
CHEER

Tryout Packet

2015 - 2016





DESERT MOUNTAIN HIGH SCHOOL

HOME OF THE WOLVES

March 2015

Dear Parent or Guardian,

We are excited that your child has expressed an interest in being part of the Desert Mountain High School Spirit Organization. Participating in a group of this kind is a great experience, but can be very stressful and time consuming. As coaches and administrators, we would like you to be aware of the many responsibilities and obligations that are expected of the members and their parents.

Candidates and Families – There is a strict separation of Competitive Cheer and Non Competitive cheer. For the Varsity Cheer Team, 12-16 members, will be selected to compete and perform at the AIA Regional and State Events. Junior Varsity, 12-16 members, does not compete at AIA Events, however they do compete locally (at coaches discretion), and the competition fees are taken out of their athletic funds. There is a non-competitive aspect to both the JV and Varsity, please be forewarned the criteria for making JV and Varsity is the same for the competitive teams, the only difference is the price. The price for Non Competitive Cheer for JV and Varsity is 1700.00 – 1900.00. The cost for competitive Varsity Cheer is 3800.00 – 4000.00. These figures do not include fundraising. These figures are only estimates of the cost to participate in the lines and numbers could fluctuate. MANDATORY FUNDRAISING is expected! Additionally, should your child quit or be dismissed from the cheer team, any funds paid or fundraised will NOT be reimbursed. DMHS cheerleaders will attend tumbling classes at Desert Storm Elite, this is a separate cost from what is listed above. Varsity will train 2 times a week at DSE and JV will train once a week.

In an effort to increase individual student achievement and personal growth in the area of the arts and athletics, DMHS is committed to maintaining a Junior Varsity program. Such a program will increase involvement and also allow for students to explore the areas of cheer in order to enhance their skills. Junior Varsity tryouts will be in conjunction with the varsity tryouts. Both the Varsity and Junior Varsity coaches work to together to determine the makeup of their teams.

Because it is so important that the members of these groups have total support from their parents, there will be a required parent agreement letter that needs to be signed. Please read this packet in its entirety and seriously consider the information before signing the application, which gives your support and permission for your child to try out for this group.

We have attempted to cover every possible aspect of belonging to a group of this type; however, new questions and situations may arise. There will be a mandatory parent meeting on Thursday, March 26th, from 5:00-7:00pm in the room 8101. Again, we appreciate your family's interest and support. We are looking forward to working with everyone during tryouts in April.

Thank you for your support!

Eric Contreras and Matthew Brown

DMHS Cheer Coaches

Dear Applicant,

Please seriously consider all the information in this packet before deciding to try out for the Desert Mountain High School Cheer Organization. Belonging to this group takes total commitment. **Jobs, family obligations and social activities may often need to be rescheduled to provide for the responsibilities and obligations connected with this organization.**

Fundraising is the responsibility of all members and is **mandatory** for all members (and all parents). Besides trying to bring down the individual cost involved in belonging to the group, there are many costs that must be covered for the benefit of the entire group.

The rules and regulations outlined later in this packet are strictly and fairly enforced. The coach does have the right to make any decision that he/she feels appropriate. Furthermore, all AIA rules and regulations along with the Athletic Code of conduct will be strictly enforced.

Objectives for the year will be as follows:

- Promote school spirit by making signs and posters for sports events, participating in spirit weeks, providing encouragement to athletes, participating in all homecoming events, participating in all pep assemblies, and cheering **at all football and basketball games** (plus various other sporting events to be determined as the year progresses (ie: State Playoff games)).
- Attend Summer Camp and learn the competition routine during the summer program.
- Practice for and compete in multiple competitions in Arizona. In addition, Varsity will compete in the AIA Regional and State Competitions and possible out of state National competitions.
- Increase tumbling and stunting ability throughout the year.

The Varsity team will have all members competing and representing the school in AIA State and the UCA West Coast Nationals in Anaheim, CA. ALL candidates who make the Varsity and JV team will be eligible for competition once they attain the required skills on a consistent basis. Candidates who initially make the competition team can be demoted to the non-competing level due to loss of tumbling skills and/or injury that result in loss of skills.

If, after reading the accompanying information and attending the meeting, you feel you would like to belong to a DMHS Cheer Organization please carefully follow each of the steps for trying out. Being a member of a cheer squad can be one of the most rewarding experiences of your life and help you develop some of the closest friendships you will ever have.

Applicant Meeting- Applicant and Parent's meeting for all applicants will be held on Thursday, March 26th, at 5:00 to 7:00pm in room 8101. This meeting is MANDATORY for all parents. Students will NOT BE ELIGIBLE for tryouts unless an actual parent or guardian is present at the meeting to sign in. If a parent cannot attend this meeting they

MUST contact Eric Contreras via email at ericcontreras@susd.org or eric@desertstormelite.com (cheer email) before Wednesday, March 25th.

Physicals- all applicants must have a "go-pass", with current physical, before attending any try-outs or practices. **To get a "go-pass" you must return the completed Athletic Packet to Ms. Wahlberg, in the Athletics Office located in the front office of DMHS, prior to turning in your application.** The Athletic Packet is available on the DMHS Athletic website. **All applicants must have a go-pass to include with the application packet.** PHYSICALS MUST BE DATED AFTER MARCH 1, 2015 IN ORDER TO BE ELIGIBLE FOR TRYOUTS. ALL RETURNING SQUAD MEMBERS MUST HAVE A NEW PHYSICAL AND GO-PASS.

Applications- Applications must be filled out and returned by 2:30 p.m. Tuesday, April 7th to the Desert Mountain High School athletics office to Ms. Wahlberg. (Completed application form, completed DMHS Spirit Organization Inherent Risk Info form, completed disciplinary system form, Questionnaire form, 7 teacher evaluation/recommendations, Go Pass from Ms. Wahlberg). **No late or incomplete applications will be accepted.**

Teacher Recommendations- Each applicant will be required to obtain one recommendation from a past coach (any sport) and five (7) teacher recommendations from their current teachers. The teacher/coach must turn the recommendation form to Ms. Wahlberg at Desert Mountain High School athletics office prior to the deadline. The deadline is Tuesday April 7th, 2015 at 2:30p.m. It is the applicant's responsibility to ensure that all teachers' recommendations have been turned in. Returning squad members must also turn in coach's recommendations form from their present coach to be turned in along with teacher recommendations forms. The point totals from these forms will be used in tryouts.

Tryout Attire- We strongly recommend that all applicants have their hair in a ponytail except for those with extremely short hair. Also applicants should wear plain black tank top and black athletic shorts. All applicants must wear shoes and socks with NO jewelry allowed. In addition, all applicants are not permitted to wear any attire that represents any prior school cheer or pom experience, i.e. DMHS varsity cheer or pom shorts.

**COMPLETED Packets
are due Tuesday,
April 7th, 2015.
Cheer Packets and
Athletic Packets are
due to Ms. Wahlberg
in the athletic office
of DMHS!
NO EXCEPTIONS**

Desert Mountain High School Spirit Organization - Season Definitions

The following information is a guideline of what each season will consist of for Cheer. The Coaches will determine who will participate in which games. **This includes games that occur over breaks (winter, etc...)**

Fall Season

- Attend all home Football games (JV cheers for Freshman and JV) (Varsity cheers for Varsity)
- Attend all away Football games (Varsity only)
- Attend all practices and squad activities
- Attend 1-2 additional events for community service
- Participate in squad fund-raisers
- Regional Competition
- Attend/Perform in Pep Rallies

Winter

- Attend all home boys & girls basketball games (JV cheers for Freshman & JV) (Varsity cheers for Varsity)
- Attend 1 additional event for community service
- Attend all squad activities and practices
- Perform in Pep Rallies
- Participate in local competitions
- Participate in squad fund-raisers

Spring

- Seniors are expected to help with planning, organization and implementation of try-out clinics
- Participate in local and national competitions
- Participate in fund raisers
- Attend all squad activities
- Attend 1 additional event for community service

Summer and Inter-session

- Squad members are expected to participate in fundraisers
- Squad members are expected to attend summer practices (Schedules will be available asap)
- Squad members are expected to attend the summer camp (Dates to be available upon try-outs)
- Squad Members are expected to attend Pre-Football training in August

Practice Schedule:

Times and days for practice will be determined after the team is made up. *Practice times and days are subject to change.* We will attend Desert Storm Elite for additional tumble training JV for once a week and Varsity for twice a week.

Cheer Requirements

Responsibilities: Be a positive example to peers and represent DMHS with a strong character and good conduct. Attend All Football Games (home/away as assigned above), All Pep Assemblies, All Homecoming Activities, All Home Boys and Girls Basketball Games, 1-2 Events For Community Service, All In-State and Out-Of-State Competitions.

It is the coaches' discretion to determine members of the team based on skill, attitude and recommendations.

Athletic Requirements: This is what the candidates will be evaluated on.

- Stunting ability: tryout for a flyer, base, or back-base position
- Tumbling: ****There will be no spotting on any running tumbling at tryouts this year****

In Order to be **CONSIDERED** for Varsity Cheer a Candidate must possess the following Tumbling Skills:

1. **Standing Tuck**
2. Two Jumps to Back Tuck
3. Standing Backhandspring Tuck
4. **Round off Backhandspring Tuck (minimum to be on Varsity)**

In Order to be CONSIDERED for JV Cheer a Candidate must possess the Following Tumbling Skills:

1. Standing Backhandspring
2. Toe Touch Backhandspring
3. Round off backhandspring series (minimum to be on JV)

**** A candidate that possesses these skills does not automatically make any team; there are recommendations, grade checks, stunting ability, and cheer ability to be considered. ****

Desert Mountain High School Varsity Cheer Estimated Expenses

The following is a breakdown of the estimated expenses for the 2015 - 2016 Varsity Cheer Squad. These are **estimates only** and fees/prices are subject to change. These are the expenses that the girls would be required to pay.

Choreographers Fee

- \$ 350.00 per girl –

DMHS Sports Activity Fee

- Approx. \$ 150.00 must be paid in August –paid to Bookstore

Summer Camp Fee – end of July

- UCA Cheer Camp in Phoenix June 29th-July 2nd at the JW Marriott at Desert Ridge Phoenix AZ.
- Approximately \$475 per team member –

AIA Regionals and State – No entry fee; room and board fundraised and paid by boosters

UCA Regionals - \$780 per team – qualification for nationals (local)

UCA Nationals in Anaheim CA – February 2016

- Approximately \$1200.00 per girl – **includes Chartered bus fare, room and board, and entry fees into the competition, 1-day park hopper pass, and entry into all event-sponsored festivities.**

Clothing Cost

Again, these are only estimated prices based on last year. The purchase of new competition uniforms occurs every 2 years.

Game Time Uniforms, Competition Uniforms, Warm Ups, Practice Clothing, Spirit Clothing and Backpacks will be ordered within the first month of joining the squad. Those costs are paid immediately.

The expected cost for a new Varsity or JV Squad Member is between \$1,000 and \$1,300. A returning member's costs will be greatly reduced as they will not be required to purchase a new Game Time Uniform, Warm Ups or Backpack.

Desert Mountain High School JV Cheer Estimated Expenses

The following is a breakdown of the estimated expenses for the 2015 - 2016 Varsity Cheer Squad. These are **estimates only** and fees/prices are subject to change. These are the expenses that the girls would be required to pay.

Choreographers Fee

- \$ 350.00 per girl –

DMHS Sports Activity Fee

- Approx. \$ 150.00 must be paid in August – paid to Bookstore

Summer Camp Fee – end of July

- DSE Cheer Camp at DSE
- Estimated \$225.00 per team member

Clothing Cost

Again, these are only estimated prices based on last year. The purchase of new competition uniforms occurs every 2 years.

Game Time Uniforms, Competition Uniforms, Warm Ups, Practice Clothing, Spirit Clothing and Backpacks will be ordered within the first month of joining the squad. Those costs are paid immediately.

The expected cost for a new Varsity or JV Squad Member is between \$1,000 and \$1,300. A returning member's costs will be greatly reduced as they will not be required to purchase a new Game Time Uniform, Warm Ups or Backpack.

Desert Mountain High School Game time Cheer Estimated Expenses

The following is a breakdown of the estimated expenses for the 2015 - 2016 Varsity Cheer Squad. These are **estimates only** and fees/prices are subject to change. These are the expenses that the girls would be required to pay.

Fundraising will offset much of the cost.

****This is a Non-Competitive team focus is to learn choreographies to perform at games, school performances, and to train for Varsity and JV. Candidates should be willing to be an alternate for either team if skills permit****

Choreographers Fee

- \$ 350.00 per girl –

DMHS Sports Activity Fee

- Approx. \$ 150.00 must be paid in August

Summer Camp Fee – end of June - VARSITY ONLY

- UCA Cheer Camp in Phoenix June 29th-July 2nd at the JW Marriott at Desert Ridge Phoenix AZ.
- Approximately \$475 per team member –

Clothing Cost

The expected cost for a new Varsity, JV Squad Member, or Game time is between \$1,000 and \$1,300. A returning member's costs will be greatly reduced as they will not be required to purchase a new Game Time Uniform, Warm Ups or Backpack.

Spirit Organization Rules and Regulations 2014 - 2015

I. Purpose

The purpose of this united Spirit Organization shall be to promote and generate interest, enthusiasm, and support; take pride in Desert Mountain High School, its athletic teams and traditions; and increase student achievement and personal growth. The members represent the school at all times; in and out of uniform, on and off campus and set forth an example of the type of students that attend Desert Mountain High School. Members of this organization will be held to a higher standard because of this responsibility.

II. Eligibility

Students must maintain the eligibility standards established by the Board of Education, the AIA, and Desert Mountain. Squad members must be full time students, pass all classes each grade reporting period and maintain a 2.0+ GPA to remain eligible on the squad. In addition to grades, students must maintain high standards and follow all district and school policies. Academics are first! Academics are important! Being a Desert Mountain Cheerleader is a privilege; being involved in extracurricular activities of any kind is a privilege. We will meet individually as needed to discuss your academic performance in school. You are expected to maintain a 2.5 GPA and always be in good standing. If you fall below a 2.5 GPA you will be placed on probation. If you fall below a 2.0 GPA, you will be removed from cheer without a question or negotiation. (District/Athletic Policy is pass/fail)

Attendance – please see additional page at the end of this packet

All cheerleaders will attend all practice and competitions or events, unless per-approved by the coach. Absenteeism of 3 or more practices per semester will result in suspension of cheering. Practices will continue to be mandated. Team members must be in school the day of any cheer activities/performances. **Absences** will not be tolerated! You're allowed 3 each semester and notes are required; if you are ill and unable to come to practice, a note from a **DOCTOR** is required. Exceeding 3 absences without extreme circumstances will simply result in your removal from the team.

- Spring or Summer Camp: All cheerleaders, managers and coaches, are required to attend annual camp as a squad.
- SUMMER PRACTICES are mandatory – vacations need to be submitted one week after making the team, anyone missing an excessive amount of practices (10%) will be ineligible to compete.
- Competitions: The coach will decide to enter a competition. The tentative competition schedule will be included in the packet.
- Social Activities: All members are encouraged, but not required to attend. Advance notice of non-attendance is required.
- Team activities other than Games: Community Service Activities will be scheduled throughout the year and members will be required to attend a reasonable proportion of these throughout the year.
- If any other activities or opportunities are chosen by the coaches, the coaches shall decide if the event is mandatory or optional. Reasonable notice of all such activities/opportunities will be given for mandatory events, and as early as possible for others.
- The entire squad will cheer at all games and competitions, promotions, fundraisers, community and charity events. The coaches may determine the number of team members per games during basketball season.

III. Parents

- Parents play a very important role in the DMHS Spirit Organization. Parents are needed to make sure the squad member arrives on time to games and practices, give audience support at games, and aid the school and advisor in Maintaining the spirit organization rules and regulations.
- On occasion, parents may be asked to help out with chaperoning, transportation, or fund raising.
- The Spirit Organization advisors and school administrators are the ultimate decision makers in any disciplinary action or squad activities.
- Participation in fundraising is mandatory.

IV. Games/Competition Procedures

- Dress
 - A member must have a complete school issued uniform on in order to perform or compete.
 - Hair must be put up and out of the face in the prescribed manner.
 - Make-up must be correctly applied and corrections must be made if asked by the coach.
 - NO JEWELRY of any kind will be worn.
 - No new piercings during the cheer season.
 - **No** acrylic nails or nail lengths longer than fingertips
 - Maintenance of uniforms is the responsibility of the member, who must bear all costs for alterations, replacement, and/or cleaning.
 - Any damage to the school uniform will result in the squad member being assessed the fees to repair or replace the uniform. Awards will not be issued and grades will be retained until the assessed fees have been paid to the DMHS bookstore.
- Members are to come dressed appropriately for practices, performances and competitions.
- The designated time for arrival is one hour before the scheduled activities will begin or the bus leaves, unless the coach states otherwise. Plan ahead for your own personal needs.
- Nothing will be taken into the track or court areas except for uniform items, i.e., megaphones, poms, signs, bags, and water bottles.
- Travel to away games and other activities will be provided by the school, except for out-of-state competitions. All members must travel to and from the activities with the group.
- While in uniform at the games or competitions, the attention of the squad is to remain on the activity with NO outside interferences. There will be NO touching of any persons and members will not go into the stands unless directed by the coach to do so. You will stand at attention for the National Anthem, and will sit as a squad in a designated area as directed by the coach. Only the captains should be communicating to the squad as to what cheers, chants, dances etc. will be performed. **YOU ARE PERFORMING THE WHOLE TIME YOU ARE AT A GAME OR A COMPETITION AND WILL ACT ACCORDINGLY!**
- The coach may pull a squad member from the game at any time.

V. Participation in Competitions

- Competitions are a bonus for cheering on the team. Support of your school athletic teams is first.
- **Members of the Varsity Squad are part of a competitive squad. Each member is financially responsible for the cost incurred for each competition.**
- It is at the coach's discretion which members will compete. Members of the Varsity Squad must maintain high academic standards, be financially up-to-date, and be able to execute the necessary skills.
- If you miss 1 competition for ANY reason excluding extreme medical illness, then you will be dismissed from the competition team. Please refer to the competition schedule and mark your calendar.
- Also, if you have been excused from too many practices due to illness or injury then the coaches will decide whether or not you are healthy enough to compete. If you cannot practice, then you cannot compete.
- A member of the JV Cheer team may be moved up to Varsity as needed per the discretion of the coach.

VI. Dismissal

- A member may be dismissed from the squad at the discretion of the coach and/or administration for such actions set in the Spirit Organization Rules and Regulations, School Code of Conduct, Athletic Code of Conduct, and the AIA Rules and Regulations. Such actions include, but not limited to, drug use, alcohol use, profanity at any event or at school, cutting classes, smoking, breaking school rules, other behaviors that would reflect poorly on the squad or student body.
- Other reasons for dismissal: insubordination, excessive unexcused and/or excused absences or tardies from classes, practices and/or games or competitions, excessive benching.
- A dismissed member: must turn in cheer school property to the coach, does not letter, is not eligible for any end of the year awards, may not participate in any further activities with the squad, is responsible for all expenses made on the squad members behalf prior to dismissal, will not be reimbursed for any costs that the member is obligated to before dismissal. The assessed fees will be turned into the DMHS bookstore as fees owed.

Material to be Turned In Check List

All of the following application material is **due by Tuesday, April 7th, 2015**. Please be sure that you have the following items turned in to be eligible for try-outs. All Cheer Applications are due to Ms. Wahlberg in the DMHS Athletic Office.

- Signed: Application Form / Squad Preferences Sheet/ Agreement form.
- Inherent Risk Information Form
- Signed: Disciplinary system form (2nd page only)
- Questionnaire
- Total of 7 Teacher recommendations forms from this years teachers and 1 previous coach (any sport) (Reminder: No information attained via teacher recommendations will be shared with either the parent or squad candidate.)
- Complete Athletic Packet
- "Go Pass" from Ms. Wahlberg in the DMHS athletic office. (Reminder: All applicants are required to have a new physical dated after March 1, 2014).

**ALL OF THESE FORMS MUST BE TURNED IN BY 2:30PM ON Tuesday April 7th, 2015 IN ORDER TO ATTEND TRYOUTS!
NO EXCEPTIONS WILL BE MADE!**

Tryout schedule for the DMHS Spirit Organization

TRYOUTS:

See below for schedule. As part of the tryout week, there will be an interview. The final day of tryouts will consist of stunting, tumbling, dancing, jumps, cheers and chants.

IMPORTANT: Once chosen for the team, you must maintain your skill, as far as, tumbling, stunting, and maintaining an excellent attitude. It is the Coach's discretion to remove you from the team until you can demonstrate the proper skills and/or proper attitude needed to be a part of Desert Mountain Cheer.

- A tryout will consist of performing designated skills in front of Eric and Matthew. A decision by the coaches for acceptance will be taken. However, the coaches have the right to accept or not accept a candidate.
- Acceptance of a candidate shall be on the basis of ability, the coach's agreement and acceptance of the squad rules.
- The format of the Tryouts will be decided by the coaches, and will be held in a fair and open manner conducive to allowing each candidate to show his/her best abilities and potential.
- **Tryout Attire:** Hair pulled back in a tight pony (No pageant hair or half up half down). No Jewelry of any kind including belly button rings. No acrylic nails. Wear an all black tank (No writing on it) and black Soffee (No basketball shorts). For the interview, wear a dress –no exceptions, light makeup, heels, and a smile—put your best foot forward.

Tryout Interview Questions (Potential Question)

1. Name two ways to get students interested in attending sports events.
2. What is a cheerleader's role at a football game?
3. What would you do if a member of your cheerleading squad had a very bad attitude problem?
4. What three characteristics do you feel are most important for cheerleaders to possess?
5. Why are you trying out for cheerleading?
6. If you were on a cheer squad last year, how many practices/games/cheer events have you missed and why?
7. Why should a cheerleader be responsible for maintaining good grades?
8. What characteristics should a team captain have?
9. How can you get teachers and administrators involved with school spirit?

❖ March 26th 2015

- 5:00-7:00 p.m. Mandatory parent and squad candidate meeting in room 8101.

❖ April 7th 2015

- Packets Due to Ms. Wahlberg in the Athletic Office:
- **NO LATE PACKETS WILL BE ACCEPTED!**

❖ April 8th 2014--Tryouts begin

- 3:30 -6:00 p.m.
- Cheer-Aux gym
-

- ❖ April 9th 2014
 - 3:30 - 6:00 p.m.
 - Cheer-Aux gym
- ❖ **Team Picked (Team Tradition that follows/first payment to Boosters Due)**

Other April meetings

Team meeting and fitting date/time: Tentatively April 16th, 2015 (Must be paid in full before order will be placed-orders must be completely ordered by May 1st)

Parent of team members meeting April 16th at Desert Mountain High School.

TENTATIVE COMPETITION SCHEDULE: 2015/2016

*****Dates are subject to change within reason – plan accordingly*****

November 14th	AIA Regional (Qualifier for State)
December 5th	UCA Regional (Qualifier for Nationals)
January 23rd	AIA State (Prescott, AZ)
February 12 th – 14 th	UCA West Coast National (Anaheim, Ca)

Application Form for DMHS Cheer

Please print information clearly and in blue or black ink.

Name: _____ Date: _____

Address: _____

City: _____ Zip Code: _____

Parents Number: _____ Student ID Number: _____

Birth Date: _____ Grade Level Next Year: _____

Parent/Guardian Names: _____

Employer: _____ Work Number: _____

Emergency Contact/Relationship: _____

Emergency Phone Number: _____

Doctor: _____ Phone Number: _____

Parent email address: _____

DMHS Cheer Agreement

By trying out for Cheer, you are stating that you are willing to be a member for the entire year. If you decide to leave the squad for non-medical reasons, you will be ineligible for the following year.

I, _____, have read all the rules and regulations, which govern the DMHS Spirit Organization. In addition, as a representative of my school, I understand and agree to abide by the application if I am selected to the above squad.

Candidate Signature: _____

Parent Signature: _____

DMHS Spirit Organization Agreement Form

I, _____ have read the DMHS Spirit Organization Rules and Regulations Contract. I will follow the rules and accept the consequences for my actions if I choose to break any of the rules and regulations set forth in the DMHS Spirit Organization Packet, Student Code of Conduct Handbook, and the Athletic Code of Conduct Handbook. I also understand that no part of the teacher/coach recommendation forms will be shared.

Signed: _____
Squad Candidates Signature

Date: _____

I, _____ have read have read the DMHS Spirit Organization Rules and Regulations Contract as well as the Student Code of Conduct Handbook, and the Athletic Code of Conduct Handbook. I understand the consequences should my child choose to break any rule or regulations set forth in these documents. I also understand that no part of the teacher recommendation forms will be shared.

Signed: _____
Parent or Guardian Signature

Date: _____

DMHS Spirit Organization Inherent Risk Information

Cheer is reasonably safe as long as certain guidelines are followed, but here is the inherent risk of injury as in any athletic activity. Cheer is an aerobic activity that includes jumping, stunting, motions, and tumbling. All physicals must be on file in the high school office before you may participate in practices and games. Keep your coach informed of all injuries and/or chronic conditions.

Although the probability of injury is minimized if you practice correctly, there is always the possibility of one occurring. Injuries that can occur in pom and cheer include, but are not limited to the following: blisters, muscle strains, ligament sprains, joint and muscle soreness, abrasions, contusions, stress fractures, and broken bones. However, if you take certain precautions, the possibility of such injuries will be largely eliminated.

Please be sure to consistently abide by the following guidelines:

1. Never stunt or tumble unless a coach or coach's designee is present.
2. Always practice in the presence of a qualified coach.
3. Always warm-up appropriately before cheering or dancing.
4. Do not attempt a stunt that you do not know how to perform safely and that has not been checked off by the coach.
5. Always use attentive spotters when stunting.
6. Always cheer in an area free from obstruction.
7. Always use mats or a grassy area when stunting during practice.
8. Do not stunt on uneven ground, wet surfaces, and concrete. Do not stunt in cold or rainy weather.
9. Never talk, laugh, or mess around when performing a stunt or routine.
10. Report all injuries to the coach as soon as they occur.
11. Follow the trainer and doctor recommendations.
12. Lift weights to increase strength and guard against injuries with appropriate training programs.
13. Always wear shoes and clothing appropriate for cheering and dancing.
14. Always have your hair pulled back from your face and shoulder.
15. Eat nutritious meals and get plenty of rest.
16. Always ask for assistance or advice at any time.

I have read the preceding warning. I thoroughly appreciate and understand the assumption of risks inherent to cheer and pom participation. I acknowledge that I am physically fit and am voluntarily participating in this activity.

Signed: _____
Squad Candidates Signature

Date: _____

Signed: _____
Parent or Guardian Signature

Date: _____

2015 - 2016 Cheer Disciplinary System

I. General Rules

- All practices are closed to parents unless otherwise noted by the coach or administrator.
- Cheerleaders must be dressed out and prepared to practice or a tardy will be issued. This includes shoes being on and jewelry out.
- Support of Desert Mountain and its athletic teams take priority over competitions.
- Cheerleaders must make a strong, dedicated commitment to the team.
- Failure to follow rules set by the school and coach will result in disciplinary action. This can include but is not limited to: participation in Breakfast Club, benching, lunch detention, and dismissal from the team.

II. Absence/Tardy Rules

- 3 tardies equal one unexcused absence.
- Allowed 4 excused absences per semester.
- Allowed 2 unexcused absences per year.

III. Excused Absences

- The **ONLY** absence that will be excused is a family crisis or family wedding (immediate family only). If a cheerleader is sick and ABSOLUTELY cannot attend (this does not include the common cold, headache, sore throat, etc...), then a parent or cheerleader **MUST** call the head coach.

IV. Unexcused Absences

- Not showing up for practice and not calling.
- School club events (unless it is required for your academic grade)
- Work or interviews
- Doctor's appointments (You have Wednesday and Thursday after practice for these)
- Vacations, Ski, Club or Youth Trips or other events.
- All-star practices or events
- Homework, studying, or studying for finals (use your time wisely)
- Consequences for unexcused absences: benching, 1 mile runs, shuttle runs, cleaning, lunch detention, or Breakfast Club for 2 consecutive weeks.
- **Cheerleader will be ineligible for competition after 2 unexcused absences.**

V. Grades

- Cheerleaders must be passing all classes in order to compete.
- Cheerleaders must consistently maintain a 75% or better in all classes. Failure to do so results in mandatory participation in Breakfast Club

VI. Cheering at Games/Events

- All cheerleaders are **required** to cheer at **every** game, assembly or school event. District breaks do not count as valid excuses for missing.

**ANY INVOLVEMENT IN DRUGS, ALCOHOL, STEALING, OR INAPROPRIATE BEHAVIOR
ON OR OFF CAMPUS AT ANY TIME WILL RESULT IN AUTOMATIC DISMISSAL FROM
THE TEAM**

**Please sign this page acknowledging that you have read the DM cheer disciplinary
system and keep the previous page for your records and future use.**

2015 - 2016 Cheer Disciplinary System

Parent – I have read and understand all rules and definitions of the penalty system for Desert Mountain Cheer and agree to abide by them and ensure that my daughter also does.

Student Name: _____

Signed: _____ Date: _____

Squad Candidate – I have read and understand the rules and definitions of the penalty system for Desert Mountain cheer and agree to abide by them. Additionally, by signing this form I am acknowledging the time and commitment involved in this program as demonstrated by following the rules set forth on the previous page.

Parent Name: _____

Signed: _____ Date: _____

Questionnaire Form

Please answer the following questions honestly.

1. Please share your reasons for wanting to be a part of the Desert Mountain Cheer Organization:
2. What concerns do you have about yourself, regarding being on the cheer team? (possible examples: time commitment, injuries, other activities, etc.)
3. What positive attributes do you feel you will bring to the cheer team?
4. What are your personal goals for the year if you were to make the cheer team?
5. What goals would you strive to attain for the team?
6. After reading the rules in this packet, how are you going to ensure that you will never be dismissed from the team?
7. What is your squad preference? (Varsity only, JV only, or either)

Teacher Evaluation

Thank you for taking a moment out of your schedule in order to help us evaluate candidates to the 2015 - 2016 Cheer squad. Your help will assist us in determining the best candidates to represent DMHS' Spirit Organization. Please return this form to Ms. Wahlberg in the DMHS athletic/activity office, once you have completed the evaluation. **All evaluations are due by Tuesday April 7th at 2:30pm. The results of these forms will be used as a point total during the tryouts.**

Candidate's Name _____ Date _____

Please circle the number that represents the candidate. The ranking is from 1-5, **five being the highest.**

Attendance	1	2	3	4	5
Dependability	1	2	3	4	5
Academics	1	2	3	4	5
Follows Directions	1	2	3	4	5
Leadership	1	2	3	4	5
Attitude	1	2	3	4	5
Courtesy	1	2	3	4	5
Character	1	2	3	4	5
Current Grade:	A	B	C	D	F

Do you feel this individual would be a good candidate for the DMHS Spirit Organization?
YES NO

Please take the time to write down additional comments that would aid us in picking the best possible students as representatives of Desert Mountain.

Signed _____ Date: _____

No part of this form will be shared with students or parents

Teacher Evaluation

Thank you for taking a moment out of your schedule in order to help us evaluate candidates to the 2015 - 2016 Cheer squad. Your help will assist us in determining the best candidates to represent DMHS' Spirit Organization. Please return this form to Ms. Wahlberg in the DMHS athletic/activity office, once you have completed the evaluation. **All evaluations are due by Tuesday April 7th at 2:30pm. The results of these forms will be used as a point total during the tryouts.**

Candidate's Name _____ Date _____

Please circle the number that represents the candidate. The ranking is from 1-5, **five being the highest.**

Attendance	1	2	3	4	5
Dependability	1	2	3	4	5
Academics	1	2	3	4	5
Follows Directions	1	2	3	4	5
Leadership	1	2	3	4	5
Attitude	1	2	3	4	5
Courtesy	1	2	3	4	5
Character	1	2	3	4	5
Current Grade:	A	B	C	D	F

Do you feel this individual would be a good candidate for the DMHS Spirit Organization?
YES NO

Please take the time to write down additional comments that would aid us in picking the best possible students as representatives of Desert Mountain.

Signed _____ Date: _____

No part of this form will be shared with students or parents

Teacher Evaluation

Thank you for taking a moment out of your schedule in order to help us evaluate candidates to the 2015 - 2016 Cheer squad. Your help will assist us in determining the best candidates to represent DMHS' Spirit Organization. Please return this form to Ms. Wahlberg in the DMHS athletic/activity office, once you have completed the evaluation. **All evaluations are due by Tuesday April 7th at 2:30pm. The results of these forms will be used as a point total during the tryouts.**

Candidate's Name _____ Date _____

Please circle the number that represents the candidate. The ranking is from 1-5, **five being the highest.**

Attendance	1	2	3	4	5
Dependability	1	2	3	4	5
Academics	1	2	3	4	5
Follows Directions	1	2	3	4	5
Leadership	1	2	3	4	5
Attitude	1	2	3	4	5
Courtesy	1	2	3	4	5
Character	1	2	3	4	5
Current Grade:	A	B	C	D	F

Do you feel this individual would be a good candidate for the DMHS Spirit Organization?
YES NO

Please take the time to write down additional comments that would aid us in picking the best possible students as representatives of Desert Mountain.

Signed _____ Date: _____

No part of this form will be shared with students or parents

Teacher Evaluation

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Candidate's Name _____ Date _____

Please circle the number that represents the candidate. The ranking is from 1-5, **five being the highest.**

Attendance	1	2	3	4	5
Dependability	1	2	3	4	5
Academics	1	2	3	4	5
Follows Directions	1	2	3	4	5
Leadership	1	2	3	4	5
Attitude	1	2	3	4	5
Courtesy	1	2	3	4	5
Character	1	2	3	4	5
Current Grade:	A	B	C	D	F

Do you feel this individual would be a good candidate for the DMHS Spirit Organization?
YES NO

Please take the time to write down additional comments that would aid us in picking the best possible students as representatives of Desert Mountain.

Signed _____ Date: _____

No part of this form will be shared with students or parents

Teacher Evaluation

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Candidate's Name _____ Date _____

Please circle the number that represents the candidate. The ranking is from 1-5, **five being the highest.**

Attendance	1	2	3	4	5
Dependability	1	2	3	4	5
Academics	1	2	3	4	5
Follows Directions	1	2	3	4	5
Leadership	1	2	3	4	5
Attitude	1	2	3	4	5
Courtesy	1	2	3	4	5
Character	1	2	3	4	5
Current Grade:	A	B	C	D	F

Do you feel this individual would be a good candidate for the DMHS Spirit Organization?
YES NO

Please take the time to write down additional comments that would aid us in picking the best possible students as representatives of Desert Mountain.

Signed _____ Date: _____

No part of this form will be shared with students or parents

Coach Evaluation

Thank you for taking a moment out of your schedule in order to help us evaluate candidates to the 2015 - 2016 Cheer squad. Your help will assist us in determining the best candidates to represent DMHS' Spirit Organization. Please return this form to Ms. Wahlberg in the DMHS athletic/activity office, once you have completed the evaluation. **All evaluations are due by Tuesday April 7th at 2:30pm. The results of these forms will be used as a point total during the tryouts.**

Candidate's Name _____ Date _____

Please circle the number that represents the candidate. The ranking is from 1-5, **five being the highest.**

Attendance	1	2	3	4	5
Dependability	1	2	3	4	5
Academics	1	2	3	4	5
Follows Directions	1	2	3	4	5
Leadership	1	2	3	4	5
Attitude	1	2	3	4	5
Courtesy	1	2	3	4	5
Character	1	2	3	4	5
Current Grade:	A	B	C	D	F

Do you feel this individual would be a good candidate for the DMHS Spirit Organization?
YES NO

Please take the time to write down additional comments that would aid us in picking the best possible students as representatives of Desert Mountain.

Signed _____ Date: _____

No part of this form will be shared with students or parents

School Administrator Evaluation

Thank you for taking a moment out of your schedule in order to help us evaluate candidates to the 2015 - 2016 Cheer squad. Your help will assist us in determining the best candidates to represent DMHS' Spirit Organization. Please return this form to Ms. Wahlberg in the DMHS athletic/activity office, once you have completed the evaluation. **All evaluations are due by Tuesday April 7th at 2:30pm. The results of these forms will be used as a point total during the tryouts.**

Candidate's Name _____ Date _____
(To be filled in by student)

Has the student ever been referred for discipline? Please explain:

Attendance

Unacceptable patterns of attendance (absences and tardies) will prevent a candidate from making a Spirit Team. As per the DMHS attendance policy the following will apply:

Unexcused Absences

- 2 or more UNX Coaches Discretion
- 3 UNX Candidate must write an explanation and coach will review (as compared to other candidates)
- 4 UNX Candidate not eligible

Excused Absences – Without appropriate documentation

- Excused # 1-5 Coaches Discretion
- Excused # 6 Candidate must write an explanation and coach will review (as compared to other candidates)
- Excused # 10 Candidate must write an explanation and coach will review to decide if candidate is eligible
- Excused # 11 Candidate not eligible

Tardies

- Tardy #1-8 Coaches Discretion
- Tardy #9 Candidate must write an explanation and coach will review (as compared to other candidates)
- Tardy #10 Candidate must write an explanation and coach will review to decide if candidate is eligible
- Tardy #11 Candidate not eligible

Do you feel this individual would be a good candidate for the DMHS Spirit Organization?
YES NO

Please take the time to write down additional comments that would aid us in picking the best possible students as representatives of Desert Mountain.

Signed _____ Date: _____

No part of this form will be shared with students or parents